

# PRIME TIMES

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AboutElderCare.org | (918) 336-8500  
1223 Swan Drive, Bartlesville, OK 74006



# Your Generosity Moves Elder Care Forward

by Michael Colaw, Development Director

As the year comes to a close, we reflect with deep gratitude on the generosity that has sustained Elder Care throughout 2025. Because of compassionate community members like you, aging adults across our 13-county service area continue to receive the care, connection, and support they need, no matter their circumstances. This season, we invite you to partner with us once more through our year-end giving opportunities.

Every contribution you make to Elder Care directly supports programs that keep older adults safe, engaged, and thriving. Your gift helps nourish DayBreak participants, fuels mobility gains for Foundation Therapy clients, provides vital in-home assistance, strengthens caregiver support services, and ensures that those living below the poverty line receive the resources they depend on. With 21.7% of the individuals we serve living in financial hardship, donor support makes a meaningful difference every single day.

Every gift made during the holiday season makes an immediate and lasting difference in the lives of aging adults in our community. When you support DayBreak services, the Active Aging Center, or any of Elder Care's programs, you help ensure aging adults receive nutritious meals, stimulating activities, safe and reliable care, and the connection they need to thrive. Your generosity strengthens the daily work that touches hundreds of aging adults and caregivers across our region, and it inspires others to join you in supporting Elder Care's mission to provide hope, dignity, and compassionate care to those who depend on us.

Year-end gifts also strengthen our ability to plan confidently for the year ahead. In 2026, Elder Care will expand outreach to aging adults with our Active Center, enhance caregiver education, and continue growing DayBreak enrollment. Your support today lays the foundation for these crucial investments.

If you have already made a year-end gift, we thank you sincerely. If you have not yet had the opportunity, we invite you to consider Elder Care in your holiday giving traditions. Whether you choose to honor a loved one, support a program close to your heart, or contribute towards our general operations, your generosity directly improves the lives of aging adults in our community.

To make a gift, please visit [www.abouteldercare.org/give](http://www.abouteldercare.org/give) or call 918-336-8500. Together, we can ensure that aging adults enter the new year with hope, dignity, and the support they deserve.



# Winter Wellness Tips from Foundation Therapy Specialists

by Baylor Reese, DPT, Physical Therapist

Winter can be a beautiful and joyful season, but colder weather also brings unique challenges for aging adults. At Elder Care's Foundation Therapy Specialists, our therapists work year-round to support mobility, strength, and independence, and winter is an especially important time to stay active and mindful of safety. This month, our therapy team is sharing practical wellness tips to help you or your loved ones enjoy the season with confidence and comfort.

## *Stay Active Indoors*

Even when temperatures drop, movement remains essential for maintaining flexibility, balance, and muscle strength. Gentle indoor activities, such as light stretching, at-home balance exercises, or walking laps inside your home, can keep your body warm and your joints moving. For those wanting more guidance or structure, Foundation Therapy offers personalized therapy plans and exercise programs designed specifically for aging adults.

## *Prevent Slips and Falls*

Icy sidewalks and wet entryways increase fall risk during the winter months. Wearing supportive, non-skid footwear, keeping walkways clear, and using handrails whenever possible are simple but effective ways to stay safe. Our therapy team also recommends ensuring rugs are secure, adding nightlights to hallways, and taking extra time when getting in and out of vehicles. If you use a cane, walker, or other assistive device, make sure rubber tips are secure and not worn down, especially

when navigating outdoor surfaces. If you notice changes in your balance, mobility, or confidence when walking, we encourage you to schedule a balance assessment with one of our therapists.

## *Stay Warm and Hydrated*

Cold weather can sometimes mask the body's natural cues for thirst, making hydration just as important in winter as in summer. Drinking water regularly helps with circulation, digestion, and joint health. Wearing layers, warm socks, and gloves can prevent stiffness and keep the body comfortable during colder days.

## *Know When to Seek Support*

Changes in mobility, balance concerns, and winter-related aches or stiffness are common, but they don't have to limit your independence. Foundation Therapy Specialists are here to help older adults stay strong, safe, and active all winter long.

To learn more or schedule an appointment, call 918-766-0391 or email us at [foundation@abouteldercare.org](mailto:foundation@abouteldercare.org). This winter, let us help you stay steady, confident, and moving forward.

## Celebrating Our Savvy Caregivers

by Michael Colaw, Development Director

Elder Care is proud to celebrate the success of our most recent Savvy Caregiver® Program, a six-week educational series designed to support and empower family caregivers of individuals living with Alzheimer's disease and other forms of dementia. This inaugural class brought together a committed group of caregivers who showed up each week ready to learn, share, and support one another, and the outcomes were truly inspiring.

Over the course of six weeks, participants gained practical tools to better understand dementia, manage changing behaviors, create meaningful daily routines, and care for their own well-being. Just as important, caregivers found reassurance in community, connecting with others who understand both the challenges and the deep love involved in caregiving. Many participants shared that they felt more confident, less isolated, and better equipped to navigate their caregiving journey after completing the program.

Due to the positive response and strong outcomes from this class, Elder Care is excited to offer additional Savvy Caregiver® sessions in 2026. Our next class will take place from January 21 through February 25, followed by another session scheduled for May 6 through June 10. These small-group classes continue to be led by Deanna Dodson, Elder Care's Director of Case Management, and are intentionally limited in size to encourage discussion, personalized guidance, and meaningful connection.



Even more Savvy Caregiver® classes are planned for later in 2026, as Elder Care remains committed to expanding support and education for family caregivers throughout our community. Caregiving can be overwhelming, but no one should have to do it alone. If you or someone you know is caring for a loved one with dementia, we encourage you to consider joining an upcoming Savvy Caregiver® class and take the next step toward caregiving with confidence, compassion, and support.

The six-week course is \$75, and class size is limited to ensure personalized attention and meaningful discussion. To register for an upcoming session, please call (918) 336-8500 or email Deanna Dodson at [ddodson@abouteldercare.org](mailto:ddodson@abouteldercare.org).

# Finding Joy, Connection, and Purpose Through Volunteering

by Michael Colaw, Development Director

Volunteering is one of the most fulfilling ways to stay engaged with your community, especially as you enter a new season of life. Beyond the meaningful service you provide to others, volunteering can enrich your own well-being in powerful ways. It opens doors to new friendships, strengthens your physical and mental health, and offers renewed purpose during a time when routine and connection matter more than ever. Here are a few of the many benefits that make volunteering such a rewarding experience.

## *Build New Friendships and Stay Connected*

One of the greatest gifts of volunteering is the opportunity to meet people with shared interests. Working alongside others creates a natural space for conversation, laughter, and collaboration. These new relationships help reduce feelings of loneliness and provide a strong sense of belonging, something many older adults deeply value. Staying socially connected has been shown to improve mood, increase energy, and enhance overall quality of life.

## *Strengthen Your Mind and Body*

Volunteering stimulates both mental and physical activity. Simple tasks, such as organizing materials, helping with events, or assisting with light physical activities, keep the body moving and encourage mobility. Volunteering also keeps the mind sharp by offering new challenges, problem-solving opportunities, and meaningful engagement. Studies consistently show that people who volunteer regularly experience lower stress levels,

improved mood, and even better cognitive health.

## *Share Lifelong Skills and Learn New Ones*

Your life experience is one of your greatest strengths. Volunteering allows you to share your talents in meaningful ways, whether through administrative support, hospitality, creative projects, or even hosting or teaching classes at the EC Active Center. These opportunities not only enrich the lives of others but also invite you to stay engaged, explore new interests, and learn new skills.

## *Volunteer with Elder Care*

If you're searching for a meaningful way to give back, we invite you to volunteer with Elder Care. Our team offers a welcoming environment where your time and talents strengthen the lives of aging adults. To learn more, contact Claudia Dilbeck at (918) 336-8500 or email [cdilbeck@abouteldercare.org](mailto:cdilbeck@abouteldercare.org). You may discover that volunteering becomes one of the most rewarding parts of your week.



## Elder Care Active Center: A New Home for Wellness, Connection, and Lifelong Learning

by Claudia Dilbeck, Director of Community Relations and Outreach

Elder Care is excited to announce the official launch of the Active Center this January. An engaging, energizing space created to help aging adults stay connected, confident, and thriving. More than just a spot for fitness, the Active Center is a lively community where wellness, creativity, and friendships grow every day.

Membership is simple and affordable, with two options to fit your needs: \$40 per month for individuals or \$70 per month for a household. This single monthly fee gives you access to a wide range of activities, classes, and social opportunities throughout the week.

Beginning in January, the Active Center will offer classes that meet multiple times a week, as well as weekly and monthly options, making it easy for you to build a routine that fits your lifestyle. Whether you prefer to stay busy several days a week or want to ease in with once-a-month activities, there is truly something for everyone, and every schedule.

You'll continue to enjoy popular wellness favorites like Tai Chi and Yoga, while a variety of new offerings will bring even more fun and creativity into the mix. These new activities will include line dancing, crocheting, theater workshops, and much more. Plus, our calendar will feature wellness seminars, educational sessions, social gatherings, and special events designed to keep your body active, your mind engaged, and your spirits lifted. Staying active and socially connected is essential for healthy aging. Physical activity can improve



balance, strength, and energy, while social engagement boosts mood, reduces isolation, and supports overall well-being. At the Active Center, you'll discover a welcoming environment where you can move, learn, laugh, and build meaningful relationships with others on a similar journey.

Whether you're looking to try something new, expand your wellness routine, make new friends, or simply enjoy a warm cup of coffee and great conversation, the Active Center will be ready to welcome you in January.

Come join us, explore a class, and experience a community designed to help you live well, stay active, and enjoy every moment. To learn more or to become a member, please call 918-336-8500 or email [cdilbeck@abouteldercare.org](mailto:cdilbeck@abouteldercare.org).

## Prime Times

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# December 2025

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	<b>1</b> Gentle Yoga 10:00 am  PWR! Moves 12:00 pm  Parkinson's Support Group 1:15 pm	<b>2</b> Caregiver Support Group 10:00 am  Matinee Movie - "Miracle on 34th St." 2:00 pm	<b>3</b> Gentle Yoga 10:00 am  LOUD Crowd 11:15 am  PWR! Moves 12:00 pm	<b>4</b> Tai Chi 9:00 am  Open Door Café 10:00 am  Dinner with Friends 5:30 pm	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> Gentle Yoga 10:00 am  PWR! Moves 12:00 pm	<b>9</b> Caregiver Support Group 10:00 am	<b>10</b> Gentle Yoga 10:00 am  LOUD Crowd 11:15 am  PWR! Moves 12:00 pm	<b>11</b> Tai Chi 9:00 am  Open Door Café 10:00 am  Sugar & Style: Cookie Decorating Class 6:00 pm	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>  PWR! Moves 12:00 pm	<b>16</b> Caregiver Support Group 10:00 am	<b>17</b> LOUD Crowd 11:15 am  PWR! Moves 12:00 pm	<b>18</b> Tai Chi 9:00 am  Open Door Café 10:00 am	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> Gentle Yoga 10:00 am  PWR! Moves 12:00 pm	<b>23</b> Caregiver Support Group 10:00 am	<b>24</b> Gentle Yoga 10:00 am  LOUD Crowd 11:15 am  PWR! Moves 12:00 pm	<b>25</b> 	<b>26</b> <b>Elder Care Closed</b>	<b>27</b>
<b>28</b>	<b>29</b> Gentle Yoga 10:00 am  PWR! Moves 12:00 pm	<b>30</b> Caregiver Support Group 10:00 am	<b>31</b> Gentle Yoga 10:00 am  LOUD Crowd 11:15 am  PWR! Moves 12:00 pm			

# This Month's Donors

In appreciation of contributions to Elder Care in October & November 2025

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*In Memory of Donna Davis*  
Deanna Dodson

*In Memory of Mary Maness*  
Michael Colaw

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